

Healing Spaces

with Kari

Our plan for today

A helper, not a script: real days wander, and this sheet bends with them.

Name:

Date:

Hours booked:

Together today, from:

to:

What matters most today?

1.

2.

3.

How do you want me to check in today?

.....
.....

Your things

Fine without asking:

Ask me first about:

Photos today:

When we reach the booked time

How we landed it:

What the day brought

surprises · set aside as precious · leaving with a yes · what felt good · anything at all

Next visit:

You deserve a clean and calm home.

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